

# Jr. Lifeguard Program: Register Today!

## Junior Lifeguard Registration begins Monday, April 11

### 2 Ways to Register:

**In person:** at the Cabrillo Bathhouse, 1118 E. Cabrillo Blvd. (8am-5pm). Attendee must be a parent or legal guardian of child/children being enrolled in the Junior Lifeguard Program. Program calendars and information packets will be available for pick-up.

**Online:** Use eRecreation at [www.sbparksandrecreation.com](http://www.sbparksandrecreation.com), starting Monday, April 11, 8am. Parents must print the Activity Registration Form, complete and return as soon as it is possible as enrollment is limited. **See codes and prices below.**

## Jr. Lifeguard Parent Night

**Wednesday, May 25, 6-7pm**

**Chase Palm Park Center, 236 E. Cabrillo Blvd.**

If your child is in Jr. Guard or Nippers program, attend this evening to meet instructors and receive information on program philosophy, safety, travel, competition, new activities, and Q&A time. Program packets and calendars will be available. Deadline for program excursions and uniform ordering forms, including uniform distribution.

## Jr. Lifeguards: Ages 9-17

**7-week program from June 20-August 5 • Mon-Fri from 10:30am-2pm • Cabrillo Bathhouse (no JG's on Mon. 7/4)**

**Codes: JG A/AA #15039; JG B #15040; JG C #15041**

**Fee: \$385/\$350**

If your child loves the beach and ocean, they'll be sure to enjoy this world-famous, nationally-affiliated and disciplined training program incorporating swimming, running, competition, and education. This very popular program includes strenuous daily workouts, water safety, first aid, surf lifesaving, marine education, lifeguard competitions and more. Physical fitness and development are balanced with self-esteem and camaraderie. Strong swimming skills are a must.

*Special Registration Information: Group placement is based on the participant's age as of July 1, 2011 (the National Junior Lifeguard standard).*

## Information for all JG programs:

**897-2680 or**

**[sbparksandrecreation.com/summerfun](http://sbparksandrecreation.com/summerfun)**

## Jr. Lifeguard Nippers Program Ages 7-13

**Two 2-week programs: June 13-24 or August 8-19  
Mon-Fri from 10:30am-2pm • Cabrillo Bathhouse**

**Codes: 6/13-6/24 #15042; 8/8-8/19 #15043**

**Fee: \$165/\$150**

If you can't commit to 7 weeks of Jr. Guards or you just want to get your child's feet wet, this one-or two-week experience of the regular nationally-affiliated program is for you! This program provides many of the same components the longer Jr. Guard program including swimming, running, paddle-boarding, marine and beach education; however, all activities are modified based on the lower swim and age requirement.

## Jr. Lifeguard Swim Lessons: Ages 7-17

**April 18-June 2 • Saturdays, 2-2:45pm and Mon/Wed or Tues/Thu, 7:15-8:15pm**

**Los Baños Pool, 401 Shoreline Dr. • Fee: \$59/\$54**

**Codes: Sat/Tue/Th #15044; Sat/Mon/Wed #15045**

Swim instruction is designed to prepare your child to pass the Jr. Lifeguard or Nippers swim test to participate in Jr. Lifeguards—or just shake off that winter rust. Saturday lessons are split into endurance swimming and stroke efficiency groups; weekday evenings are set aside for practice.

## Jr. Lifeguard & Nippers Swim Test Requirements: New participants only

**Saturday, May 14, 2pm • Los Baños Pool, 401 Shoreline Dr.**

Participant safety is our # 1 concern. The Jr. Lifeguard and Nipper programs are ocean-based and therefore, it is a requirement that new participants complete a three-part, non-competitive pool test on Saturday May 14, 2pm at Los Baños Pool and an untimed ocean swim with a satisfactory swim stroke on the first day of the program you are registered for to ensure participants are comfortable swimming in the ocean.

**Jr. Lifeguard Program:** •100-meter swim in 2:20 or less

•4 minutes of treading water •15-yard underwater swim

**Nippers Program:** •50-meter swim in 1:15 or less

•4 minutes of treading water •15-yard underwater swim

\* Make-up swim tests will be scheduled during the last week of the Jr. Lifeguard swim lesson program, or will be based on satisfactorily completing the untimed ocean swim on the first day of the program.